

# WELLNESS WORKS!



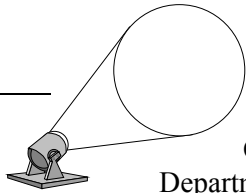
The Wellness At Work Program    Massachusetts Department of Public Health    Winter 2003

## Promote Your Wellness Events with Wellness Works!

The Wellness at Work's newsletter will now be available to promote police and fire department wellness events. This is an excellent way to promote your wellness event and gain community support and insight into your wellness program. Here are some examples of events you may wish to have us promote:

- a road race,
- health fair,
- softball games,
- a guest lecturer.

Contact us for more information regarding the particular event you wish to promote. Please give us two months advanced notice so your event will be in our most current newsletter.



### Event Spotlight

On October 15<sup>th</sup> the Boston Fire Department had their annual 10K road race. Approximately 1,200 runners participated in this year's event. The road race was open to all interested runners. *Wellness Works!*, along with other wellness and fitness organizations, were present to hand out health information and giveaways. The proceeds of this event go to the Boston Fire Department Local 718 Relief Fund. Fire trucks were placed in areas so children can interact and have their pictures taken. After race activities included trophy presentations and fund raising raffles.

## Wellness At Work: In Massachusetts

### Massachusetts Fire Academy

**Contact: James L. Hagerty, Assistant Coordinator for Recruit Firefighter Training 978-567-3219**

The fire service of today has been experiencing exciting new changes in the technological field. New equipment such as thermal imaging cameras, chemical meters, lap top computers and hydraulic tools have greatly improved



***Pictured: Mark Bruno of the Westfield Fire Department and Jameson Ayotte of the Amesbury Fire Department members of Fire Academy Class 155 doing their morning fitness routine***

the efficiency of the fire service. One area of firefighting that has not changed is the physical demands of the job. Hoses are advanced, ladders raised and axes are still the most reliable tools for opening roofs, just as firefighters have done for over one hundred years. The Massachusetts Fire Fighting Academy recognizes that the demands on the body during firefighting are unequal to any other profession. James Hagerty, Assistant Coordinator for Recruit Firefighter Training, feels that "it would be an injustice for recruits if we did not address their needs to be physically fit".

To address these needs, the fire academy solicited the help of Professor Patti Mantia of Holyoke Community College in designing a clinically proven fitness program. The program was designed to improve the recruit's health and prepare them for the physical demands of the

job. Exercises were designed to reflect job-specific duties using the equipment of the fire service such as:

- SCBA (Self Contained Breathing Apparatus) cylinders,
- stair climbing with fire protection clothing,
- push ups or pull ups wearing an SCBA pack to simulate pulling oneself from a cellar or elevator.

Recruits are encouraged by the fitness team to continue a fitness regime and to make physical fitness a way of life in their firefighting career.

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### **Gardner Police Department**

**Contact: Deputy Chief Rock Barrieau 978-632-5600**

Several years ago both the Patrol and Supervisors Union of Gardner Police Department negotiated fitness incentives into their contracts. The Civilian Dispatchers soon followed and now all members of the Gardner Police Department who complete and pass the fitness test are given a \$300 incentive bonus. Some unions take the test twice annually. The fitness test consists of:

- timed sit-ups
- timed push-ups
- dumbbell press
- bench press in which males press 85% of their body weight and females press 65% of their body weight
- one and a half-mile run, timed based on age.

Both unions pooled their funds and purchased a 15 stage Nautilus gym to stay in shape. The set includes 500 pounds of free weights, two life cycles, a rowing machine, a treadmill, a squat rack and a set of fixed dumbbells. They also purchased a sauna. This equipment is available to all members and retiree's 24 hours a day seven days a week. Officers are allowed to work out on duty for 30 minutes per shift and can take their lunch break at the same time, which allows them an hour workout. The logistics of street coverage is worked out amongst the officers with approval of the supervisor.

The Board of Health provides flu shots and Hepatitis B shots to department members. A blood pressure cuff was purchased and made available to members of the department. Brochures, posters and information on physical fitness, nutrition and health are obtained from the Massachusetts Department of Public Health. Wellness Coordinator Deputy Chief Rock Barrieau states that "Our wellness program is vital in keeping our officers street healthy. There is always a chance in this line of work that some perpetrator is physically fit and that is a chance we do not want to take for granted."

## **Workshops: Planning For the Future**

A Financial Planning organization will provide individual workshops **free** of charge to police and fire departments, their families and associated unions. These workshops can be offered at department stations or off-site. To get more information about these workshops, please contact **Joe Doherty** at **617-624-5456**.

### **Description of the Workshops:**

#### Basic Financial Planning

Basic Financial Planning will address the six key areas of Financial Planning...cash and debt management, tax planning, investment planning, retirement planning, protection planning, and estate planning.

Other classes available are:

- Tax Planning
- Education Planning
- Investment Planning
- Estate Planning
- Retirement Planning



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## **Did You Know?**

### **Economic Effects of Heart Disease and Stroke on the U.S. Health Care System**

In 2001, the cost for all cardiovascular diseases was \$300 billion dollars

For heart disease the cost was \$105 billion

For stroke the cost was \$28 billion

Lost productivity due to heart disease and stroke cost more than \$129 billion

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**We want to hear from you! Tell us what you think of Wellness Works! And what type of information you would like to see.**

For more information on the Massachusetts Department of Public Health's Wellness At Work Program contact:

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[www.state.ma.us/dph/bfch/chp/nutphys/wellness.htm](http://www.state.ma.us/dph/bfch/chp/nutphys/wellness.htm)